

TODAY'S PAPER INSIDE

# express

JULY 3, 2012 | A PUBLICATION OF *The Washington Post*

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#### A FINE WEB

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FOR EXTENDED FORECAST, SEE PAGE 31

JULY 3, 2012 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



# A LONG, HOT SLOG

**Lingering power outages and relentless heat make for a miserable forecast **9****

EVAN VUCCI/AP

Letter carrier Giovanni Alvarez makes his rounds in Washington on Monday as the region sought a return to normalcy after Friday's powerful storm, which left thousands without power.



# eo

eye openers

CRIMES OF OPPORTUNITY

### 'That Scope Always Was Fiercely Jealous of Barry'

State police say a western Pennsylvania man shot his friend in the foot while aiming at a groundhog, then blamed the scope on his rifle for the incident. James Sullivan was charged Sunday. Barry Guy was asleep on the ground when Sullivan saw a groundhog about two feet away from Guy. He fired from his porch and later said the scope on his rifle "must have been off." (AP)

### "The days of women being wolf whistled at as they pass building or construction sites are dying out."

— JAZZ GAKHAL, HEAD OF DIRECT LINE FOR BUSINESS. THE COMPANY COMMISSIONED A POLL OF CONSTRUCTION WORKERS THAT SHOWED THREE-FOURTHS CONSIDER WOLF WHISTLING INAPPROPRIATE, THE TELEGRAPH REPORTED.

EMPLOYMENT

### Out-of-Work Factory Workers Practice Moans, Shambling

A man is floating an idea to use some vacant property in Detroit for a live-action game zone where players would try to stay ahead of a growing zombie horde. Marc Siwak envisions using old buildings and "professional zombies." The city is looking for plans to attract new residents and re-energize the economy. (AP)

## The Big Picture



**TIPS GO IN THE SHOES, PLEASE:** Models frolic before the debut of Thom Browne's spring-summer 2013 fashion collection on Monday during Paris Fashion Week. (GETTY)

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# Record Fine for Health Fraud

Glaxo to pay \$3B for promoting drugs for unapproved uses

## Washington

GlaxoSmithKline LLC will pay \$3 billion and plead guilty to promoting two popular drugs for unapproved uses and to failing to disclose important safety information on a third in the largest health care fraud settlement in U.S. history, the Justice Department said Monday.

Accompanying the criminal case was a civil settlement in which the government said the company's improper marketing included providing doctors with expensive resort vacations, European hunting trips, high-paid speaking tours and even tickets to a Madonna concert.

The \$3 billion combined criminal-civil fine will be the largest penalty ever paid by a drug company, Deputy Attorney General James M. Cole said. The corporation also agreed to be monitored by government officials for five years to attempt to ensure the company's

## Criminal Actions

**GlaxoSmithKline LLC** agreed to a hefty fine for improperly promoting off-label uses of drugs—a practice that has been widespread in the pharmaceutical industry. Here is how the company pitched the products. (AP)



### Paxil

**Prosecutors said** GlaxoSmithKline illegally promoted the drug Paxil for treating depression in children from April 1998 to August 2003, even though the FDA never approved it for anyone younger than 18.



### Wellbutrin

**The corporation also promoted** the drug Wellbutrin from January 1999 to December 2003 for weight loss, the treatment of sexual dysfunction, substance addictions and attention deficit hyperactivity disorder, although it was approved only for treating major depressive disorders.



### Avandia

**Justice Department officials** also said that between 2001 and 2007 GlaxoSmithKline failed to report to the FDA on safety

data from certain post-marketing studies and from two studies of the cardiovascular safety of the diabetes drug Avandia. Since 2007, the FDA has added warnings to the Avandia label to alert doctors about potential increased risk of congestive heart failure and heart attack. (AP)

compliance, Cole said.

"Let me be clear, we will not tolerate health care fraud," Cole said. He would not say whether any company executives were under investigation. The company's guilty plea and sentence have to be approved by a federal court in Massachusetts.

GlaxoSmithKline CEO Sir Andrew Witty expressed regret and said they have learned "from the

mistakes that were made."

In the past few years, the Justice Department has become much more aggressive in pursuing such fraud, often in whistleblower cases taken on by a handful of U.S. attorneys focused on such fraud. Among the most active are the U.S. attorneys in Boston, Philadelphia and San Francisco—all in regions with numerous pharmaceutical and biotech company operations.

The prior record-setting case involved Pfizer Inc., the world's biggest drugmaker. Pfizer paid the government \$2.3 billion in criminal and civil fines for improperly marketing 13 different drugs, including Viagra and cholesterol fighter Lipitor. Pfizer was accused of encouraging doctors to prescribe its drugs with free golf, massages and junkets to posh resorts. (AP)

## In Brief

MADISON, WIS.

### Democratic Challenger Wins Wis. Senate Recall

Wisconsin Democrats moved closer to controlling the state Senate Monday after a recount showed Democrat John Lehman defeated Republican Sen. Van Wanggaard in last month's recall elections, though the incumbent said his campaign may challenge the results. The victory would give Democrats a one-seat majority in the chamber until the November elections. (AP)

AUGUSTA, GA.

### Virus Victim Recovers

Aimee Copeland, 24, had her makeup done, joked with her doctors and hugged her nurses before she left an Atlanta hospital Monday, just two months after she was infected with a rare life-threatening, flesh-eating disease after a zip-line accident May 1. She lost her left leg, right foot and both hands. (AP)

STATE COLLEGE, PA.

### Paterno's Family Questions Investigation

Joe Paterno's family is calling on the Pennsylvania attorney general to release all records related to investigations of the Penn State child sex abuse scandal. Monday's statement comes after reports of leaked emails between administrators about an encounter between Jerry Sandusky and a boy in the showers. (AP)



**School for Sale:** A cash-strapped high school hopes to raise money by auctioning itself on eBay. The starting bid of just under \$600,000 for The Learning Center in Langhorne, Pa., is designed to offset steep budget cuts. A listing describes the alternative school for at-risk teens as "pre-owned" and "slightly used." The winner won't own the facility but will get goodies, including a naming opportunity, a free large pizza and a personalized school coffee mug. (AP)

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## Nation

# U.S. May Cut Number of Nukes

White House mulls further reductions to weapons arsenal

### Washington

The Obama administration is edging toward decisions that would further shrink the U.S. nuclear arsenal, possibly to between 1,000 and 1,100 warheads, reflecting new thinking on nuclear weapons in an age of terror.

The reductions align with President Obama's vision of trimming the nuclear arsenal without harming national security in the short term, and in the longer term, elim-

inating nuclear weapons.

The White House has yet to announce a plan beyond commitments made in the New Start treaty with Russia, which obliges both countries to reduce their number of deployed long-range nuclear warheads to no more than 1,550 by 2018. As of March 1, the U.S. stood at 1,737.

Obama has been considering options for additional cuts, including a low-end range leaving as few as 300 warheads. Several officials said there appeared to be a consensus building around the more modest reduction to 1,000 to 1,100 deployed strategic warheads.

Officials have recently said a

decision could be announced this month. But given Republican criticism of any proposed further cuts, the White House might put the decisions on hold until after November. Cuts would likely save tens of billions of dollars.

Advocates of more cuts argue that nuclear weapons serve a narrow purpose, and that their large numbers undercut the credibility of demands that Iran and other nations forgo acquiring their own. Opponents argue that the U.S. should not risk losing its predominance in the nuclear arena while North Korea and others are pursuing their own nuclear ambitions.

ROBERT BURNS (AP)

### Candidates Cool Off From Campaigning



CHARLES DHARAPAK/AP

**REPUBLICAN PRESIDENTIAL CANDIDATE MITT ROMNEY** Jet Skis on Monday with wife Anne on Lake Winnepesaukee in Wolfeboro, N.H. The former Massachusetts governor is vacationing at his \$8 million estate with his family. President Obama has also taken a break from politics, secluding himself at Camp David after a busy week in Washington.



**In a Pinch:** A glut has driven down lobster prices in Maine — bringing cheer to lobster lovers ahead of July 4, the start of the state's tourist season, but gloom among lobstermen. Retailers have been selling small soft-shell lobsters for an unusually low \$3.79 to \$4.99 a pound. At those prices, lobsters have been selling for less than the per-pound price of bologna at many supermarket deli counters. Lobsters swarmed fishermen's traps weeks earlier than normal this year. (AP)

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## #Circumstantial

**Twitter must give a court** about three months' worth of an Occupy Wall Street protester's tweets, a judge said in a ruling released Monday. The case began as a disorderly conduct prosecution stemming from an Oct. 1 Occupy march, but it has evolved into a closely watched legal tussle. Twitter fears the case could put it in the position of having to take on legal fights that users could conduct on their own. (AP)

## Fatal Crash Grounds Firefighting Fleet

At least 1 of flight's crew members killed battling S.D. blaze

Colorado Springs, Colo.

The deadly crash of a military cargo plane fighting a South Dakota wildfire forced officials to ground seven other Air Force air tankers, removing critical firefighting aircraft from the skies during one of the busiest and most destructive wildfire seasons ever to hit the West.

The C-130 from an Air National Guard wing based in Charlotte, N.C., was carrying a crew of six and fighting a 6.5-square-mile blaze in the Black Hills of South Dakota



Crew members prepare to board a plane to fight wildfires Monday in New Mexico. A similar plane, based out of North Carolina, crashed fighting a fire in South Dakota.

ta when it crashed Sunday, killing at least one crew member and injuring others.

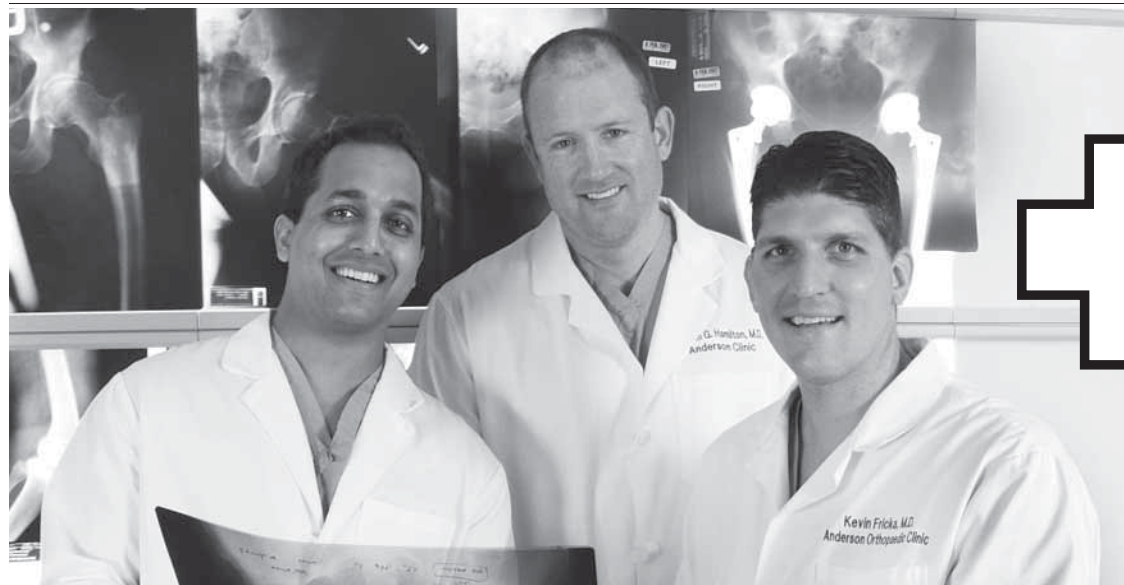
President Obama offered

thoughts and prayers to the crew and their families. "The men and women battling these terrible fires across the West put their lives on the

line every day for their fellow Americans," he said in a statement.

The crash cut the number of large air tankers fighting this summer's outbreak of wildfires by one-third. The military put the remaining seven C-130s on an "operational hold," keeping them on the ground indefinitely. That left 14 federally contracted heavy tankers available until investigators gain a better understanding of what caused the crash.

"You've basically lopped off eight air tankers immediately from your inventory, and that's going to make it tougher to fight wildfires," said Mike Archer, who distributes a daily newsletter of wildfire news. (AP)



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# World

## In Brief

### TEHRAN, IRAN

#### Tehran Seeks 'Win-Win' In Nuclear Negotiations

Iran wants a "win-win" outcome in its talks with world powers over Tehran's disputed nuclear program, Iranian Foreign Minister Ali Akbar Salehi said Monday, warning that the only other choice is confrontation. Three rounds of nuclear negotiations between Iran and six world powers have failed to produce a breakthrough. (AP)

### UNITED NATIONS

#### Report: N. Korea Actively Defying U.N. Sanctions

North Korea continues to violate U.N. sanctions by attempting to ship arms to Syria and Myanmar and illegally importing luxury goods, according to a recent report by a U.N. experts panel. No violations involving nuclear, chemical or biological weapons or ballistic missiles were mentioned in the report. (AP)

### KABUL, AFGHANISTAN

#### Suicide Bombing Kills 7, Wounds 23 at University

A suicide bomber blew up a car packed with explosives near the gates of Kandahar University in southern Afghanistan on Monday, killing at least seven people, officials said. A spokesman for the governor of Kandahar province said the blast also wounded 23 people. (AP)

## Hearsay

**"We have to wait. I am afraid of their reaction, if we push too hard. We risk being shut down completely."**

— **RAWH ABDULLAH**, A FEMALE SOCCER PLAYER IN RIYADH, VOICING FEARS OF A BACKLASH BY MUSLIM LEADERS IF SAUDI ARABIA SENDS FEMALE ATHLETES TO THE SUMMER OLYMPICS. THE KINGDOM SAID MONDAY IT WILL ALLOW WOMEN WHO QUALIFY TO COMPETE AT THE LONDON GAMES.

# Syrian Rebels Strive for Unity

Arab League chief calls on opposition to put aside differences

### Cairo

The head of the Arab League, Nabil Elaraby, urged Syria's exiled opposition to unite Monday, saying they must not squander the opportunity to overcome their differences as Western efforts to force President Bashar Assad from power all but collapse.

The stakes are high for calming the crisis, which NATO Secretary-General Anders Fogh Rasmussen on Monday called "one of the gravest security challenges the



**"The sacrifices of the Syrian people are bigger than us and more valuable than any narrow differences or factional disputes."**

— **NABIL ELARABY**, THE HEAD OF THE ARAB LEAGUE, ON MONDAY URGING MORE THAN 250 MEMBERS OF THE SYRIAN OPPOSITION TO FORM COHESIVE LEADERSHIP.

world faces today."

But more than one year into the Syrian revolt, the opposition is still hobbled by the infighting that has prevented the movement from gaining the kind of political traction it needs to present a credible alternative to Assad.

The divisions are tied to issues

at the heart of the revolution: whether to seek dialogue with the regime and what ideology should guide a post-Assad Syria.

Unlike Libya's National Transitional Council, which united most factions fighting Moammar Gadhafi's regime and was quickly recognized by much of the international

community, Syria's opposition has no leadership on the ground.

The Cairo conference brought together nearly 250 members of opposition groups to try to agree on a united body to represent them, as well as to work out a transition plan for ending the conflict.

But the main rebel group fighting Syrian government forces, the Free Syrian Army, was not represented at the talks.

Opposition members also plan to meet Russian officials later this month, a Russian news agency reported. The Moscow talks are significant because the Kremlin is Syria's most important ally, protector and supplier of arms.

AYA BATRAWY (AP)

# Pena Nieto Reaches Out to Mexico

### Mexico City

The apparent victor of Mexico's presidential race, Enrique Pena Nieto, struggled Monday with the sticky bonds of his party's notorious past, the limitation of his mandate and an opponent who has yet to concede defeat.

His long-ruling and now-retired Institutional Revolutionary Party, the PRI, won only about 38 percent of the vote and is unlikely to get a majority in Congress. In fact, it may lose seats.

And though Pena Nieto's margin of victory was clear in the preliminary count from Sunday's vote, it was not the mandate the party had anticipated from pre-election polls that had at times shown the 45-year-old with support of more than half of Mexico's voters.

He went to work immediately to win over the two-thirds who didn't vote for him, many of whom reject-



President-elect Enrique Pena Nieto greets supporters on Monday in Mexico City.

ed his claim that he represented a reformed party.

"We're a new generation. There is no return to the past," he said in his victory speech.

The PRI's 71-year rule was known for coercion and corruption, but also for building institutions

and social services and clamping down on organized crime.

Still, his top challenger, Andres Manuel Lopez Obrador, refused to concede, saying he would await a full count and legal review. He won roughly 32 percent of the vote, according to initial results. (AP)

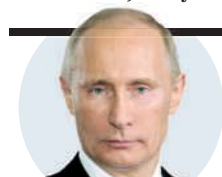
# Pakistan Hints NATO Supply Deal Imminent

### Islamabad

U.S. and Pakistani officials expressed optimism Monday that Islamabad was close to reopening its Afghan border to NATO troop supplies after a seven-month blockade, a move that could significantly reduce tension between the two countries.

"The environment seems to be optimistic," a senior Pakistani official said. The tussle over the supply line, which Pakistan closed in November after U.S. airstrikes killed 24 of its troops, has driven the relationship to new lows.

The two sides have been deadlocked for months because of disagreements over transit payments and Washington's refusal to apologize for the deadly attack, which it insists was an accident. (AP)



**Mr. Mixed Popularity:** An Associated Press-GfK poll released Monday reveals a stark divide between Moscow and the rest of Russia over President Vladimir Putin, who has ruled the country for the past 12 years. A total of 60 percent of Russians maintain a favorable opinion of Putin as he begins his third term. In contrast, only 38 percent in Moscow — where tens of thousands joined anti-Putin protests — have a favorable view of him. (AP)



**Kashmiri Muslims Mourn Charred Shrine**

MUKHTAR KHAN/AP

**A WOMAN WAILS** Monday at the reopening of the burned shrine in Srinagar, India, for Sheikh Abdul Qadir Jeelani. The shrine was heavily damaged in a fire last week. The blaze set off widespread protests by residents angered by what they perceived to be a slow response by firefighters in the city.

**Evidence of 'God Particle' Found****Geneva**

Scientists believe the "God particle" that might explain the underpinnings of the universe is real, and they are about to present their evidence to the world.

Physicists at the world's biggest atom smasher plan to announce Wednesday that they have nearly confirmed the primary plank of a theory that could shape the scientific understanding of all matter.

The idea is much like gravity and Isaac Newton's discovery: It was there all the time before Newton explained it. But now scientists know what it is and can put that knowledge to further use.

The focus of the excitement

**Backstory**

**Though an impenetrable concept** to many, the Higgs boson has until now been just that — a concept intended to explain a riddle: How were subatomic particles, such as electrons, protons and neutrons, themselves formed? What gives them their mass? The answer came in a theory envisioning an energy field where particles interact with a key particle, the Higgs boson. (AP)

is the Higgs boson, a subatomic particle that, if confirmed, could help explain why matter has mass, which combines with gravity to give an object weight.

Researchers at the European Organization for Nuclear Research, or CERN, say that they have compiled vast amounts of data that show the footprint and shadow of the particle — all but proving it exists, even though it has never been glimpsed. But two independent teams of physicists are cautious after decades of work and billions of dollars spent. They don't plan to use the word "discovery." They say they will come as close as possible to a "eureka" announcement without uttering a pronouncement as if from the scientific mountaintop.

"I agree that any reasonable outside observer would say, 'It looks like a discovery,'" said British theoretical physicist John Ellis. (AP)

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# World

## U.K. Politicians Warn Exit From EU Possible

Sentiment gains traction in Britain as eurozone struggles

### London

Will Britain's EU membership be one more casualty of the continent's devastating debt crisis?

Senior British lawmakers warned Monday that Britain must consider a future outside the European Union as the 17 members of Europe's currency union, which the

U.K. has stayed out of, develop closer fiscal and political ties.

Plans to exit the EU, a policy once advocated primarily on Britain's political fringe, are rapidly gathering mainstream appeal and could dominate debate at the country's 2015 national election.

"I do not believe that Britain's national interest is served by its current relationship with the EU," former British defense secretary Liam Fox said in a speech offering support to growing calls for a national vote on the issue.

# 11.1%

The eurozone's unemployment rate in May, breaking April's record 11 percent, official data showed Monday. It's the highest figure since the euro began in 1999. (AP)

Opinion polls show most Britons are deeply skeptical about closer European ties and eager to win back national decision making powers previously lost to Brussels.

Fox said that European nations which don't use the euro currency should press for much looser ties to their neighbors, or contemplate quitting the bloc altogether.

"Life outside the EU holds no terror," Fox said, insisting that Britain would be able to continue to trade easily with its neighbors.

Prime Minister David Cameron has acknowledged that Britain may need a future national vote on its ties to Europe, but insists that shouldn't happen while the debt crisis is unfolding. (AP)

## Spain Battles Blaze

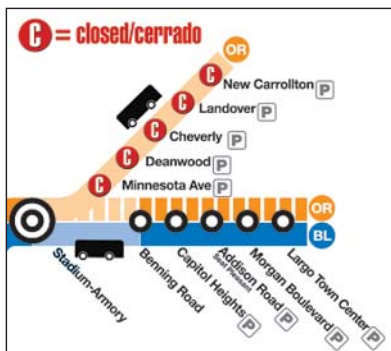


ALBERTO SAIZ/AP

**A HELICOPTER SOARS** above a wildfire raging Monday near Valencia, Spain. More than 1,000 firefighters are battling the blaze.

**50** The number of politicians in Japan who quit the country's ruling party on Monday and are likely to form their own rival bloc, dealing a blow to Prime Minister Yoshihiko Noda. Ichiro Ozawa, 70, who led the mass resignation, has been a vocal critic of Noda's plan to double Japan's sales tax to 10 percent by 2015. Others could follow later, party officials said. (AP)

# TRACK WORK THIS WEEKEND



**From Friday, July 6 at 10 p.m. to Sunday, July 8 at closing:**

Buses replace trains on the Orange Line between Stadium-Armory and New Carrollton and on the Blue Line between Stadium-Armory and Benning Road as Metro welds rail, repairs platforms and performs fastener and grout work. Buses replace trains on the Red Line between Brookland-CUA and Silver Spring as Metro performs work on ties, insulators, crossovers and bridges.

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# Cover Story



Jay Jeffries loads his delivery truck with a shipment of products Monday at Port City Brewing Co. in Alexandria.

## Bitter Prospect For Port City

The Port City Brewing Co. crew thought this would be a monumental week, with stores in Western Maryland selling their microbrews for the first time and sales expected to spike ahead of Independence Day. Instead, owner Bill Butcher and head brewer Jonathan Reeves paced nervously around the nascent Alexandria brewery Monday, fretting about an ever-warming 1,860-gallon tank of "Downright Pilsner." The power line behind the brewery was knocked down in Friday night's storm, and the two men were scrambling to preserve the seasonal pilsner. The tank's contents are worth about \$20,000, Butcher said. If their efforts to save it fail, the beer will "taste like nail polish," Reeves said. (TWP)

# Still Down And Out

Post-storm power outages force officials to pull the plug on some Fourth festivities

### Washington

The region approached an unhappy Fourth of July on Monday as frustration grew over the pace of power restoration, the forecast warned of more heat and storms, and thousands spent a third miserable day without air conditioning.

As many people faced the Wednesday holiday with no prospects of power, the National Weather Service said the week could see more hot and unsettled conditions, and several public Fourth of July celebrations were canceled.

This came as Maryland reported three heat-related deaths and utility crews struggled to repair damage inflicted by Friday's violent weather, which blew down trees, left more than a million people in the dark and claimed at least 17 lives.

Sections of northwest Washington and Prince George's County that didn't

lose power after Friday's storms lost it Sunday, and parts of the National Harbor complex lost power Monday.

That outage was caused by a substation malfunction, said Pepco spokesman Marcus Beal. He said the other delayed outages may have been necessitated by the repair work or by dangling tree limbs that fell after Friday.

Maryland officials reported Monday the first three deaths related to the recent heat wave: one in Montgomery County, one in Wicomico County and one in Baltimore City. Virginia has reported six heat-related deaths.

Many people remained without phone, cable and Internet service Monday. Roads remained blocked by downed trees, and hundreds of traffic signals were dark.

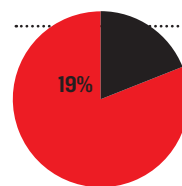
Meanwhile, the National Park Service said all of its Fourth of July programs on

**"The Fourth isn't just planned by government, it's planned by communities, so I don't see how we could cancel it."**

— MERNIE FITZGERALD, FAIRFAX COUNTY SPOKESWOMAN

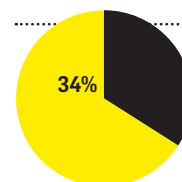
## Many Still Without Power

Here's how the power outages break down, as of 6:30 p.m. Monday:



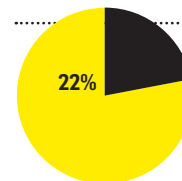
### Overall D.C. Metro Area

366,076 customers



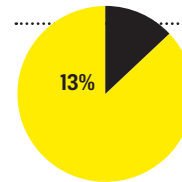
### Montgomery County

120,045 customers



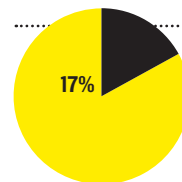
### Pr. George's County

66,889 customers



### Northern Virginia

134,340 customers



### D.C.

44,802 customers



MATT MCCLAIN/TWP

## 911 Returns in Va.

Verizon handles the 911 call system for Northern Virginia, and its facility in Arlington had a "power issue" that caused both technical and mechanical problems after the storm passed Friday night. The result was that Arlington, Fairfax, Prince William, Loudoun, Fairfax City, Manassas and Manassas City lost reliable 911 access, both incoming and outgoing calls. People who called 911 Saturday and Sunday often didn't get through. The service was mostly restored by Monday afternoon throughout the region. (TWP/AP)

the Mall are scheduled to go forward. "Everything that was planned is still planned," said spokeswoman Carol Bradley Johnson.

But in Virginia, Jack Brown, director of Arlington County's Office of Emergency Management, wondered if such festivities should be canceled.

"I'm questioning having a special event during an emergency," he said Monday, after a weekend of extreme heat, lack of power and a widespread failure of the 911 call system.

Montgomery County canceled Fourth of July fireworks shows in Wheaton and Germantown. County Executive Isiah Leggett said the police and fire personnel required for the fireworks shows were needed for recovery efforts.

Gaithersburg also canceled its July Fourth fireworks event as Pepco has based its primary power recovery operations on the fairgrounds, the city said in a statement Monday.

After Hurricane Isabel in 2003, it took Pepco eight days to restore power to most of the 500,000-plus customers in the region. About 443,000 lost power at the peak of the aftermath from Friday's storm, and restoration work will likely last into the weekend.

(THE WASHINGTON POST/AP)





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# July 4 Is Deadly for Teen Drivers

Over 5-year-period, data shows holiday is most dangerous

## Transportation

The deadliest day in the deadliest season for teenage drivers will fall Wednesday as the nation celebrates Independence Day, according to AAA.

Free from school and homework, teenagers spend more hours behind the wheel in the summer. Four of the days when the most teen fatalities were recorded during a five-year period between 2006 and 2010 fall in those months, AAA

says. July 4 tops a list that includes July 9, Aug. 8 and Aug. 14. The end of the school year produced three other dates that made the top 10 — June 10, May 20 and May 23.

“Teen driving goes up by 44 percent during the summertime, and during these months, teens tend to drive more often ... and they have less parental supervision than they do during the school year,” said John B. Townsend II of AAA. “Nearly a third — 32 percent — of Maryland’s teen driver and passenger deaths happen in the carefree summer months.”

The good news is that teen-driver fatalities have dropped drastically, notably in the Washington

## Summer Stats

From 2006 to 2010, nearly 6,700 teen drivers and passengers ages 13 to 19 died in traffic crashes between Memorial Day and Labor Day, according to AAA. (THE WASHINGTON POST)

area. But they are still the leading cause of death among the youngest drivers. In 2010, 3,115 teenagers ages 13 to 19 died in motor vehicle crashes.

The decline in teen deaths has been sharper than the overall drop in highway fatalities, which is attributed largely to the graduated licensing requirements that

have been embraced by the District and most states, including Maryland and Virginia.

Research by the Children’s Hospital of Philadelphia compared data for 2009 and 2010 with data from 2005 and 2006. It showed that teen fatalities dropped by almost 49 percent in Maryland and by more than 56 percent in Virginia. There were no data for the District.

The AAA, in information released Monday and based on crash data from the National Highway Traffic Safety Administration, said almost one in 10 of those who have died on July 4 has been a teenager. ASHLEY HALSEY III (THE WASHINGTON POST)

# 2 Dozen Metro Bus Routes Detoured After Major Storm

## Washington

Metro says approximately two dozen bus routes are operating with detours because of downed power lines, fallen trees or other damage from Friday night’s storm.

Metro says riders can check its website, Wmata.com, for a list of bus routes that have detours.

Metro says its 86 train stations are open for commuters. Officials are suggesting riders add additional time to their commute because Metro may need to impose train speed restrictions. (TWP)



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## Local

# Deadline Looms for Silver Line

## Loudoun board to decide on fate of Metro extension

### Leesburg, Va.

After months of debate and negotiation over Metro's Silver Line rail extension, all eyes will be on Loudoun County on Tuesday as the Board of Supervisors decides whether to commit to the long-planned project.

The board faces a Wednesday deadline to opt in to the second phase of construction, which would bring Metrorail to Dulles International Airport and eastern Loudoun. The Silver Line's first phase,

which is under construction, runs through Tysons Corner to Wiehle Avenue.

Following a final work session Friday to discuss a financing plan for Loudoun's share of the costs — about \$270 million toward construction, and about \$17 million to \$20 million a year beginning in 2019 to support operating costs — it appears that the board may have the five votes needed to secure majority support for the project.

Several members of the board have focused on the need to identify a funding plan before committing to the second phase of the Silver Line.

At Friday's meeting, the supervisors supported a plan that would



The Silver Line's first phase, shown here in 2011, will run to Wiehle Avenue.

fund Loudoun's share of the project through a hybrid tax district surrounding the Metro stations. The proposed district encompasses commercial properties and

undeveloped land, almost entirely excluding existing residential properties.

Loudoun's nine-member, all-Republican board was elected in November on a unified platform to support fiscal discipline and economic development in the county.

When it comes to the Silver Line, those two campaign promises have sparked conflict: Opponents have balked at the price tag and voiced fear that taxpayers would foot the bill, while supporters of the project, including many in Loudoun's business community, have emphasized the economic benefit of bringing Metro into the county.

CAITLIN GIBSON (THE WASHINGTON POST)

## Babies on Board



**TWO MOTHERS TRADE TECHNIQUES** at the 2012 International Babywearing Conference at Catholic University last weekend. For the nearly 200 people who attended, baby carriers are more of a lifestyle than a product — a way to nurture the bond with your child. | [postlocal.com](#)

ASTRID RIECKEN/FTWP

## Md. Redistricting Map Foes Confident in Referendum

### Annapolis, Md.

Republican opponents of Maryland's congressional redistricting map expressed confidence Monday that they have submitted enough valid signatures to give voters a chance to reject it in November. Democrats questioned whether the GOP had reached its goal.

Delegate Neil Parrott, a Washington County Republican who has been leading the effort, said 65,722 signatures had been turned in by the midnight Saturday deadline. That's nearly 10,000 more than the 55,736 valid signatures needed, and Parrott said he was confident the number would hold up to a review by the Maryland State Board of Elections.

The board already has validated 26,763 signatures out of 29,455 that were submitted for a May 31 deadline.

Critics say Democratic Gov. Martin O'Malley's redistricting map, which was approved by the Democrat-controlled General Assembly in October, has been gerrymandered to favor the party at the expense of fair representation.

In particular, Republicans have expressed outrage at big changes to the 6th Congressional District that they say were made to oust 10-term Republican incumbent Rep. Roscoe Bartlett.

Democrats contend the changes reflect demographic shifts in the state's population. BRIAN WITTE (AP)

## The Lotteries

### Monday, July 2

#### Maryland

Mid-day Pick 3 ..... 5-8-5  
Evening Pick 3 (Sun.) ..... 1-7-8  
Mid-day Pick 4 ..... 7-2-9-8  
Evening Pick 4 (Sun.) ..... 4-4-0-4  
Match 5 (Sun.) ..... 8-9-23-27-37 (39)

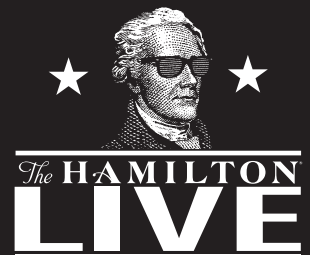
#### District

Mid-day Lucky Numbers ..... 2-3-1  
Evening Lucky Numbers (Sun.) ..... 7-9-3  
Mid-day DC 4 ..... 2-0-2-1  
Evening DC 4 (Sun.) ..... 1-3-3-7  
Mid-day D.C. Five ..... 7-7-0-6-5  
Evening D.C. Five (Sun.) ..... 6-3-4-6-9

#### Virginia

Mid-day Pick 3 ..... 8-3-9  
Evening Pick 3 (Sun.) ..... 4-1-0  
Mid-day Pick 4 ..... 0-8-6-0  
Evening Pick 4 (Sun.) ..... 8-5-7-6  
Mid-day Cash 5 (Sun.) ..... 8-9-24-27-33  
Evening Cash 5 (Sun.) ..... 19-21-23-32-34

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



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THURSDAY, JULY 5  
**NEW RIDERS OF THE PURPLE SAGE**

FRIDAY, JULY 6  
**GEORGE PORTER JR AND RUNNIN' PARDNERS**

SATURDAY, JULY 7  
SET THE CONTROLS:  
**RECREATING THE MUSIC OF PINK FLOYD**

THURSDAY, JULY 12  
**THE STEEL WHEELS**

FRIDAY, JULY 13  
**THE HACKENSAW BOYS**  
W/ TONY TRISCHKA

SATURDAY, JULY 14  
**ANDERS OSBORNE**  
W/ OLI BROWN BAND

SUNDAY, JULY 15  
**THE HONEYDOGS**  
W/ THE GROWNUP NOISE

MONDAY, JULY 16  
**MARIA MULDAUR**

TUESDAY, JULY 17 2 SHOWS  
**THE ORCHESTRE POLY-RYTHMO DE COTONOU**

WEDNESDAY, JULY 18  
**THE REBIRTH BRASS BAND**

THURSDAY, JULY 19  
**JIM MESSINA**

FRIDAY, JULY 20  
**PAPA GROWS FUNK**

SATURDAY, JULY 21  
**THE SLACKERS**  
W/ THE SHIFTERS

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Tiger Woods has won 27 percent of his PGA Tour events to date, a winning percentage unprecedented for a player after 16 years. To break that down, Woods has won 28 percent of his regular tour events, and 24 percent of his majors.

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The number of majors Woods has won per year, on average, over his career. (AP)



# Just Like Old Times

All Tiger needs now is a major victory to prove he's fully back

## Golf

For all the endless parallels between the so-called new Tiger Woods and the old one, this was one comparison he didn't mind.

Winning at Congressional made it seem like 2009 all over again.

Woods returned from a significant leg injury back then amid questions about whether he could be the same golfer he once was. He answered by winning Bay Hill, Memorial and the AT&T National in the first half of the season, and he wound up winning six times on the PGA Tour, seven worldwide.

This time, he's coming off a year in which he sat out three months and two majors to allow left leg injuries to heal. Halfway through the season, he has won those same three tournaments, so perhaps he's headed toward another year like 2009.

## Major Disappointments

**Tiger Woods has not been a factor** in the first two majors this year, in a parallel to 2009. He tied for 40th at the Masters, and after sharing the 36-hole lead in the U.S. Open, he stumbled on the weekend and tied for 21st. While his performance looked OK on paper in 2009, he was never a factor in the first two majors — seven shots behind going into the last round at Augusta National, nine shots out of the lead on the last day at Bethpage Black. The next stop for Woods is Royal Lytham & St. Annes, but not before he heads to The Greenbrier Classic this week in West Virginia. The odds makers have installed Woods as the favorite for the British Open, just as they did for the Masters and the U.S. Open. (AP)

**"It was just a matter of time. I could see the pieces coming together. ... Give me a little bit of time, and I feel like this is what I can do."**

— **TIGER WOODS**, ON THE IMPROVEMENT IN HIS GAME, AS SEEN IN HIS WIN AT THE AT&T NATIONAL ON SUNDAY IN BETHESDA.

"Well, I had a good year that year. I think I won six times that year. That would be nice if I could get that same total," Woods said, pausing to smile before adding,

"with a couple of majors in there." Therein lies the difference — and the challenge. It's all about the majors, isn't it? And Woods still hasn't won one since his marriage fell apart, and his game followed suit.

PGA Tour events should not be dismissed. Congressional was tougher than it was for the U.S. Open last year. An argument could be made that no other golf course on U.S. soil did a better job identifying who played the best that week. It was the 74th career win for Woods, moving him past Jack Nicklaus into second place, leaving him only eight tour wins short of

Sam Snead's record.

Even so, that's one of the few times Woods and Nicklaus are mentioned together when the topic is not major championships.

When it comes to Woods — who is leading the PGA Tour money list for the first time since September 2009 — the majors are really all that matter at this stage in his career. The notion of whether he's "back" from physical and emotional scars has been answered by now. He is capable of winning whenever and wherever he plays.

Even so, the conversation among the CBS Sports analysts as Woods walked toward the 18th green at Congressional shifted to the majors, and rightfully so. Until he reaches Snead's record, the focus will be where it always has been — on the four biggest prizes in golf.

Woods was practically gloating Sunday evening about those who dared to even suggest earlier this year that he might not win again. One reporter mentioned Woods had won three of his last seven starts and asked which parts of his game have come around. "Pretty much everything," Woods said. "I remember there was a time when people were saying I could never win again. Here we are." DOUG FERGUSON (AP)

## In Brief



Andre Greipel, front, and Mark Cavendish race to the stage's finish on Monday.

## CYCLING

### Cavendish Wins Stage 2

Mark Cavendish led a tight sprint to the finish Monday to win the second stage of the Tour de France, while Fabian Cancellara retained the overall leader's yellow jersey after the mostly flat ride across Belgium. The top overall standings didn't change after the 129-mile ride. (AP)

## PRO BASKETBALL

### Davis Sprains Ankle

Anthony Davis, the No. 1 pick in the NBA Draft last week, sprained his ankle working out with his new team, the New Orleans Hornets. Hornets spokesman Harold Kaufman says Davis hurt his ankle at the team's training center Saturday and that the club considers his status as day-to-day. Davis is among the players being considered for the American squad at the London Olympics. (AP)

## THE CAPITALS

### Caps Get Crabb

Right wing Joey Crabb has signed a one-year, \$950,000 contract with the Capitals. The team announced the deal with the unrestricted free agent Monday, making it the Capitals' first move of this year's free agency period. The 29-year-old Crabb has spent the last two seasons with the Toronto Maple Leafs. He had 11 goals and 15 assists in 67 games in 2011-12, his first full season in the NHL. (AP)

## PRO HOCKEY

### Brodeur Remains a Devil

Martin Brodeur, the 40-year-old goalie who has led the New Jersey Devils to three Stanley Cups, signed a two-year, \$9 million contract Monday to stay with the only NHL club he's ever known. (AP)



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## Sports

# UMd. Drops 7 Sports

School announces cuts in response to huge budget deficit

## College Athletics

Maryland has officially discontinued seven of its teams as it seeks to offset the athletic department's multimillion-dollar deficit, Athletic Director Kevin Anderson announced Monday morning.

Men's and women's swimming; men's tennis; women's water polo; acrobatics and tumbling (formerly known as competitive cheer); and two of the school's men's track programs (cross-country and indoor track and field) were eliminated. Those programs were unable to show enough progress toward raising eight years' worth of total costs by June 30.

The announcement comes after

## Track Survives

**One University of Maryland program that faced the chopping block** — men's outdoor track and field — has been saved for the time being after a successful fundraising campaign. The program still must raise \$3.76 million by Dec. 31, 2013, to ensure its permanent survival. The program will compete with 14 student-athletes in 2012-13, after the team had 27 members this past season. Maryland has previously announced that it will continue to honor the scholarships for all varsity athletes and the contracts for coaches, regardless of whether their sport was discontinued. (AP)

Maryland President Wallace D. Loh accepted the recommendation of a 17-member panel last November that called for the school to eliminate eight athletic programs to offset a deficit that is projected to reach more than \$4 million this fiscal year and could top \$17 million by 2017.

The Maryland swimming and diving teams needed to come up with \$2.8 million by Saturday. But as of June 11, they had raised far

short of the goal: \$306,602.

"We understand the pain and disappointment this has caused our student-athletes and their families," Anderson said in a statement. "The deliberations of the President's Commission on Intercollegiate Athletics were painstaking.

"No one wanted to come to this conclusion, but our fund-raising efforts in these other sports have not been successful." MARK GIANNOTTO (THE WASHINGTON POST)

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## Sports

## Sharapova Out at Wimbledon in 4th Round

Lisicki avenges loss in last year's semis; Williams advances

## Tennis

Top-seeded Maria Sharapova was knocked out of Wimbledon on Monday, losing 6-4, 6-3 to Sabine Lisicki in the fourth round just a month after completing a career Grand Slam.

Lisicki, a 15th-ranked German, outplayed the 2004 Wimbledon champion in the wind and rain for her first career victory over Sharapova in four matches. She avenged last year's loss to Sharapova in the Wimbledon semifinals.

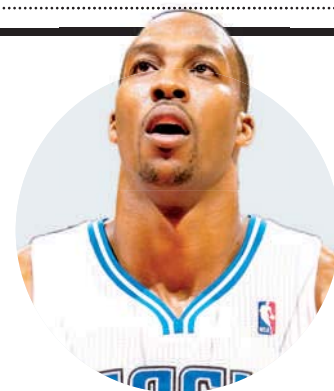


Germany's Sabine Lisicki celebrates after defeating Maria Sharapova on Monday.

Also advancing were four-time women's winner Serena Williams, defending champion Petra Kvitova and men's six-time champ Roger Feder, but four-time Grand Slam champion Kim Clijsters lost in what she says is her final Wimbledon.

Sharapova, who won the French Open four weeks ago for her fourth Grand Slam title, is the biggest name knocked out of the tournament since two-time men's champion Rafael Nadal was upset last week by Lukas Rosol.

After smacking a second-serve ace of 108 mph down the middle on her third match point, Lisicki collapsed to her knees on the grass and shook both fists. "It's just unbelievable," Lisicki said later. (AP)



## DEMANDS

## Brooklyn-Bound?

Magic general manager Rob Hennigan said Monday that All-Star center Dwight Howard told him in a face-to-face meeting last week that he would like to be traded, preferably to the Brooklyn Nets. Hennigan said singling out one team complicates any trade scenarios, but he has not committed to honoring that demand. (AP)



12 WEEKS. 6 CHALLENGERS. 1 GOAL.

## WEEK NINE SETBACKS: How to Overcome Them

You step on the scale and you weigh the same as last week, or you go on vacation and come back three pounds heavier — and then you think about giving up. Setbacks come in many forms, and they can often bring us down and keep us from pushing forward. Part of a well-rounded fitness regimen involves knowing how to overcome setbacks; how to recognize them for what they are, address them, and then continue on the journey to a stronger you. Many contestants in this year's Get Fit Challenge have endured setbacks, and they've each devised their own ways of learning from them.

This week, we asked Jim about his own experiences with setbacks during the Get Fit Challenge.



**What factors have triggered setbacks for you in the past?**

**Jim:** The biggest factor for me is that I've set an overall goal, and it seems like I'm not getting there fast enough. That frustration boils over into short episodes of "ah, maybe I've lost enough." My wife, Clancy, has been great at helping me stay motivated, but when she's not around it's easy to say "I'll do it this evening" or "I'll just work extra hard tomorrow" — which doesn't always happen.

**What setbacks have you had during the Get Fit Challenge? How have you overcome them?**

**Jim:** I've had several plateaus that have lasted for two to four days, and while they're very frustrating, I know my plan has worked in the past and will continue to work if I stick with it. My trainer, Lauren, has given me great advice and encouragement; I know my fitness plan is solid. Pushing through the plateaus takes patience and willpower; so far, I've had enough of both (though they're certainly tested sometimes).

**What advice do you have for readers who may be experiencing their own setbacks?**

**Jim:** To start with, work with your trainer to develop a good plan. If you're following the plan and hit a plateau, tell your trainer immediately so he or she can adjust your workout to help you break through that obstacle. Sometimes, doing the same exercise over and over allows your body to get used to it; trying something else can kick start the weight loss again and get you back on track.

We also spoke with Jim's trainer, Lauren, on how to fight back against setbacks.

**What are some common setbacks you've encountered as a Gold's Gym trainer?**

**Lauren:** Common setbacks include not setting realistic goals, comparing your journey and results to those of others, a lack of patience and moral support, and of course the number you see when you step on the scale.

**Why do you think it's so easy for people to succumb to setbacks?**

**Lauren:** Most people who set a fitness goal have more than likely set several goals in the past and failed to reach them; therefore, in the back of their minds, they don't believe they can really do it. Also, there are the unhealthy habits we've picked up for various reasons — and as soon as stress is triggered, these old habits of unhealthy living rear their heads. And because these habits are familiar, it's easy to succumb to them.

**How can Gold's Gym help clients overcome setbacks on their personal fitness journey?**

**Lauren:** What's great about working with trainers is that we're with you even when you're not in the gym. We not only ensure you have a great exercise and eating regimen, we hold you accountable even when you're not with us. That's because our primary goal is to make sure each and every one of our clients reaches his or her goal.



express

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CHALLENGERS	PREVIOUS WEIGHT	CURRENT WEIGHT	TOTAL LOSS	TOTAL POINTS
Tamika	224 lbs.	220 lbs.	42 lbs.	40 points
Paige	192 lbs.	188 lbs.	37 lbs.	40 points
Jim	192 lbs.	190 lbs.	36 lbs.	39 points
Mike	301 lbs.	299 lbs.	37 lbs.	29 points
Vasanth	245 lbs.	245 lbs.	25 lbs.	22 points
Brittany	179 lbs.	179 lbs.	10 lbs.	19 points

Points are awarded weekly for % of body weight lost and competitive challenges.



## Sports

# Runner Gone in a Flash

Tarmoh concedes spot in 100m before anticipated runoff

## Track and Field

Jeneba Tarmoh conceded the final Olympic spot in the 100 meters rather than race against training partner Allyson Felix.

Tarmoh notified USA Track and Field on Monday of her intention to withdraw. Her agent, Kimberly Holland, already made it known that Tarmoh would not participate in a runoff Monday night to settle a third-place tie at the U.S. track trials.

In an email sent through her agent to USATF, Tarmoh said: "I understand that with this decision I am no longer running the 100m dash in the Olympic Games and will be an alternate for the event."

Tarmoh, who felt all along she had won the race on June 23, did



Jeneba Tarmoh and Allyson Felix tied for third place in the June 23 sprint.

not specify in her statement why she was giving up a chance to possibly run the 100 in London. USATF President Stephanie Hightower said the organization was "disappointed" Tarmoh had a change of heart.

The runoff was scheduled to

be shown in prime time on NBC in conjunction with the network's coverage of the swimming trials. It would've been a boon for track. Now, it's another blow for a sport that's taken its fair share of late.

The controversy in the 100 overshadowed the entire trials because USATF had no protocol in place to deal with a dead heat. And while top officials scrambled to draft a tiebreaking procedure, the athletes didn't want to talk about it until after the conclusion of the 200 — nearly a week later.

The tiebreak also didn't exactly address this particular situation — an athlete commits to racing and decides not to at the last minute. The matter, however, was resolved once Tarmoh stepped aside.

Felix will now race in both the 100 and 200 in London. Tarmoh didn't qualify in the 200, but is eligible to run in the Olympic 400-meter relay. (AP)

## No Great 8 for Phelps This Time

### Swimming

There won't be a Beijing repeat in London. Michael Phelps has dropped one of his eight Olympic races.

Phelps' coach, Bob Bowman, announced Monday on the final day of the U.S. swimming trials that Phelps was scratching the 200-meter freestyle, leaving him with seven events at the London Games. The decision removes the chance of Phelps matching the record eight gold medals he won in Beijing.

"It's so much smarter for me to do that," Phelps told The Associated Press. "We're not trying to recreate what happened in Beijing."

Phelps is giving up the chance to defend his 200 free title from Beijing and regain the world record that Paul Biedermann set at the 2009 world championships wearing one



Michael Phelps cited the 400-meter freestyle relay — the final is the same day as the 200-meter prelims — for dropping an event.

of the high-tech bodysuits that are now banned. Phelps will still have a chance to three-peat in his other four individual races. No swimmer has ever won the same event in three-straight Olympics. (AP)

## TV Lineup

### NATIONALS (6:35 P.M., MASN)

Jordan Zimmermann duels with Tim Lincecum in the first of a three-game set between the Nats and the San Francisco Giants.

### ORIOLES (10:10 P.M., MASN2)

The O's and Mariners continue their series on Seattle.

**TENNIS (8 A.M., ESPN)** The women's quarterfinals at Wimbledon.

### PRO BASEBALL (7 P.M., MLB)

The New York Yankees take on the Tampa Bay Rays.

**CYCLING (8 A.M., NBCSN)** The Tour de France moves to its namesake country for Stage 3 between Orchies and Boulogne-sur-Mer.

## Meet The Trainer

### Tasha Cooper

Senior Fitness Manager  
Clarendon Gold's Gym

Tasha's creative approach to training comes from her background as a professional dancer. While working for companies such as Nickelodeon, the Dance Theatre of Harlem and the Alvin Ailey Company, she learned innovative fitness techniques to help get anyone in shape. Tasha has worked for Gold's Gym for eight years and is a graduate of Fordham University.

### Certifications:

National Academy of Sports Medicine Certified Personal Trainer; Aerobics and Fitness Association of America Certified Personal Trainer. CPR & AED

To schedule an appointment with Tasha or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

## Trainer Tip of the Week

This Independence Day, be mindful of the ingredients used in traditional cookouts. Sugar doesn't just come in the form of sweets; BBQ sauce, iced tea and baked beans can contain up to 50g of sugar per serving. Try to limit your sugar to less than 12g per serving in any food or drink.



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**Safe House:** To avoid risking an ounce of Olympic metal, London's organizers handed over their cache of gold, silver and bronze medals to the Tower of London for safekeeping on Monday. The Tower protects Britain's most valuable treasures, including the Crown Jewels. And though the medals are precious, using the landmark in this fashion is akin to starting the 100 meters by sounding the bells of Big Ben. The move is part of a plan to promote tourist attractions. (AP)



# fit



## Guinea Pig | Just Add Water

You still can't walk on water even if you're sporting a pair of Teva's Fuse-ion shoes (\$90, [Teva.com](http://Teva.com), available for men and women). But the sneaky sneakers boast technology that allows you to walk in water, and then stroll along on land without feeling like you have bricks strapped to your feet. Only a little liquid seeped inside when we took them for a test drive in the shower, and the grippy outsoles seemed incapable of slipping.



See your weekly Gold's Gym Trainer Tip on the next page.

# Grill On? Then Game On

Schedule in playtime at your next summer bash to keep your guests on their toes

If the only burn you're feeling at your Fourth of July picnic is from forgetting to put on sunscreen, you're doing it wrong. Instead of sitting around like a burger sizzling on the grill, get out of that deck chair and earn your next beer.

The activity doesn't have to be strenuous, says Aimee Richardson, a group exercise instructor at Washington Sports Clubs. "Even things like cornhole burn 120 calories an hour versus doing nothing," Richardson says. "And when people are excited about playing something, it's not as much about eating."

Some families are athletic enough to pull off actual sports, but if a softball game would never fly with your folks, Richardson suggests holding your own version of the Olympics with a series of silly contests. When you're on a team for potato sack races and egg-on-a-spoon balance relays, it makes you more motivated, she says.

No equipment? Richardson says you can't beat wheelbarrow races. One person puts his or her hands on the ground, a partner picks up his or her legs, and then the two move forward as quickly as they can.

"As a kid, it seems so easy," she says. Adults, however, will quickly realize how much they're taxing their core and upper-body strength.

Another option is lawn games, which are generally designed to keep you standing but not sweating — although there are always

## Bear Pong (\$65, [Shop.bearpong.com](http://Shop.bearpong.com))

When Eric Dankewicz was shopping for party supplies for a roof-deck bash at his place in Baltimore four summers ago, he spotted flower pots that he thought looked like Solo cups. With a little paint and a large white ball, he managed to set up the largest beer pong game ever. He had guests play just like the traditional college version, except there was no beer in the pots — just in their glasses — and he quickly realized he was on to something. Two years later, he started selling his Bear Pong sets, which have been surprisingly popular with families because you don't have to drink. "It's also more active because people are chasing balls. And it's more sanitary than drinking out of cups with that ball that's been on the ground," Dankewicz says.



## Ladder Golf (\$65, [Laddergolf.com](http://Laddergolf.com))

While camping with friends in San Diego a decade ago, Brent Doud saw some people playing a crude version of this game on the beach. Here's the basic idea: Set up a ladder with three rungs. Throw a bolas — two balls connected with a string — toward the ladder so it wraps around a rung and you earn points. "The standard story of how this began was that cowboys used to throw snakes around live wire fences, but I don't believe that," says Doud, who was so taken by the game that he set out to make a sturdy commercial version that he's been selling since 2003. It's easy to pick up the basics, he says, and as you become more advanced, you can learn how to knock competitors off the ladder. Another bonus: You can play on virtually any surface, whether it's a parking lot, a beach or your backyard.



## Rollors (\$35, [Rollors.net](http://Rollors.net))

During his deployments to the Middle East, Air Force Major Matt Butler dreamed up Rollors, which combines elements of several lawn games. You play by rolling fat wooden discs toward the pyramid-shaped goals. The discs have numbers on each side (sort of like dice), and how and where they fall determine the scoring. Butler, who recently moved to Virginia Beach, figured he had a winner when he brought a prototype to a BBQ and someone offered to buy it off him. For two years, it's been available through retail locations, including REI. "I think everybody's always looking for something new," Butler says.

ways to take your game to the next level, says John Groth, co-founder of the D.C. Bocce League. He's played on a court that's double the typical length of 15 to 20 yards. "You have to use more exertion to get the balls farther, and you're walking twice as far," he says.

And it's worth getting up-to-

**"When people are excited about playing something, it's not as much about eating."**

—AIMEE RICHARDSON, WASHINGTON SPORTS CLUBS EXERCISE INSTRUCTOR

date on the other diversions that are out there, notes Groth, who's a fan of bringing additional games to bocce events to make sure everyone's occupied. Bear Pong, an oversized version of beer pong, is usually as popular as the main attraction.

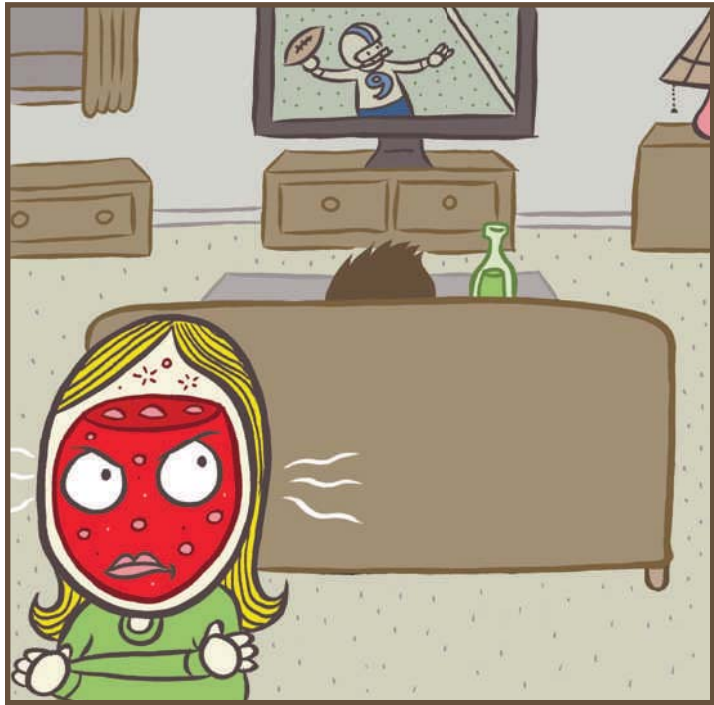
Maybe that — or one of these other games — will be a hit with the guests at your next cookout, too. VICKY HALLETT (EXPRESS)



COURTESY BRENT DOUD



# baggagecheck



BEN CLAASSEN III

## This Happy Hour Really Won't Be

**Q** I was stalked by a friend for a while — not in a romantic way, but in a her-copying-me way and getting really angry and paranoid that I was replacing her if I wouldn't answer her calls, etc. I have since been able to remove myself from the relationship and she doesn't contact me anymore, but now an old mutual friend has moved back into the area and is contacting us jointly and trying to get everybody together. Do I say anything about how crazy she was? THE EX-FRIEND

That depends on whether you can stand to be near her again. If you're willing to be together in a group outing, you need not say a word, though you perhaps might be a masochist.

If you're going to — understandably — beg off this particular rendezvous with your old mutual friend, it's your right to keep it subtle. Telling her that "Jenny and I don't really keep in touch anymore; I'd honestly prefer just to see you alone" should do the trick.

Unless, of course, you've got yet another boundary-challenged friendship.

## Learn to Get Real, Not Rielle

**Q** I saw Rielle Hunter on "The View" talking about how wives get annoyed with their husbands because men are annoying, and that's where mistresses come in. Of course Rielle Hunter is no one to base your life off of, but I can't help but think that's what's going on for me and many of my friends. I've thought of leaving because he gets on my nerves so much, and I wonder if there's anything left to hold on to. DOUBTING MARRIAGE

This is a classic illustration of the fact that just because something is common doesn't make it healthy. Do wives tend to complain about their husbands, especially when they get together and arm themselves with Jose Cuervo? Perhaps. But that usually is a tension-reliever, and many wives happily return home to their mates afterward.

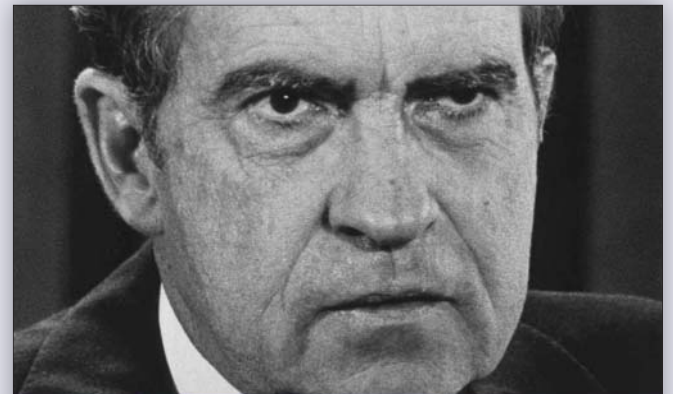
But for others, it's more serious. Your problems don't sound like a "Man, I just wish he'd put his socks in the hamper" type of situation. This is more representative of long-term resentment that is accumulating without any relief. I can't help you figure out whether your feelings are surmountable. But a counselor can.



By Dr. Andrea Bonior

**@** Send your questions to Dr. Andrea Bonior at [baggage@readexpres.com](mailto:baggage@readexpres.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([friendshipfix.com](http://friendshipfix.com)).

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### Event Horizon Flash Mob

You can pretend to be a firefly without fear of being captured in a glass jar tonight at BicycleSPACE's Firefly Ride & Picnic, which is celebrating the full moon. Everyone's invited to wear white or yellow and show up at the shop (1019 7th St. NW) at 8 p.m. The group will swarm around the city — armed with glow sticks — before stopping for a picnic. Register for the free event at [Fullmoonfireflyride.eventbrite.com](http://Fullmoonfireflyride.eventbrite.com).



# fit phys ed

## Races to Freedom

Parades are for slowpokes. Earn that Fourth of July barbecue at one of these road races Wednesday morning.

► The **Firecracker 5K** celebrates freedom by giving out a bunch of freebies. Runners who pay the registration fee get complimentary massages, a breakfast spread and downloadable race photos. ● **Potomac River Running Store, Reston Town Center, 11911 Democracy Drive, Reston, Va.; 8 a.m., \$35; Prraces.com/firecracker.**

► If helping others is what gets you going, you can raise money for autism research and advocacy by running the **Autism Speaks 5K.** There's also a 1-mile walk, if that's more your speed. ● **Potomac Village Library parking lot, 10101 Glenolden Drive, Potomac, Md.; 8 a.m., \$15-35; AutismSpeaks5k.org.**



► The closer you are in age to America itself, the sooner you get to start running at the **D.C. Road Runners' Age Handicapped 4-miler.** Winners take home random goodies contributed by participants as well as cherry, apple and blueberry pies. Register today by 6 p.m. ● **Carderock Recreation Area, Chesapeake & Ohio Canal National Historic Park, Potomac, Md.; 8 a.m., \$5; Dcroadrunners.org.**

► Bring the little ones along for the **Let Freedom Run 5K and Kids Dash** at the Fairfax Corner Shopping Center in Virginia. The race is organized by the Capital Running Company. ● **Fairfax Corner Shopping Center, 11900 Grand Commons Ave., Fairfax, Va.; 5K starts at 9 a.m., Kids Dash starts at 10 a.m., \$15-\$25; Runwashington.com/let-freedom-run-5k.** BETH MARLOWE (EXPRESS)



Local chef Cathal Armstrong, above left, gets his kicks from training in taekwondo with Master Jason Yoo—whether he's the one kicking or the one getting kicked.



# The Food Fighter

Cathal Armstrong puts down his knives and trains to become a taekwondo champ

The multihued bruise on chef Cathal Armstrong's left arm isn't the result of some freak kitchen accident. Not content to knock out customers with the food at Restaurant Eve and the rest of his Alexandria dining empire, Armstrong has spent the past year training in taekwondo. That's how the 41-year-old ended up recently sparring with an opponent who tried to take him down with a powerful pinch.

"Unfortunately for him, he stepped back and opened his legs," says Armstrong, who hopes to have a similar showing today when he competes at the taekwondo national championship in Dallas.

Armstrong will face opponents in his age bracket (41-50), but that won't make the competition any less physical—or change the goal, which is to land kicks all over the other guy's body and head. "I know it's kind of nuts," he says. "But if you can do it, why not?"

**"I'd given up on using 'athlete' and 'me' in the same sentence again."**

— CATHAL ARMSTRONG, CHEF/OWNER OF RESTAURANT EVE AND OTHER ALEXANDRIA RESTAURANTS, TAEKWONDO COMPETITOR

And not long ago, he wouldn't have been able to do it. When the former high school athlete—he was captain of his school's hurling team in Ireland—turned 40, he weighed in at 214 pounds. Years of late nights at his restaurants had caught up with him, and he'd started to look quite natural as a spokesman for Kerrygold butter.

So he turned to his son's taekwondo coach at Yoo's Authentic Martial Arts in Alexandria for personal training. At first, the sessions were strictly cardio and conditioning. But Armstrong couldn't help but ask Jason Yoo—a former national champion—if he'd also help him live out his childhood ambitions of fighting like Bruce Lee.

Armstrong got the go-ahead, on the condition that he spend a lot more time in the gym. Soon he was rejiggering his restaurant schedule to exercise six days

### Wound Up

Along with those extra muscles, Armstrong's gotten quite a few injuries. He's chipped a bone and developed a stress fracture along his toes, and he finished one tournament with a black eye. His lower legs have taken the biggest beating—those shin guards don't do much. His method of relief? A rub-on salve called Amish ointment. V.H.

a week. "I'd given up on using the words 'athlete' and 'me' in the same sentence again," says Armstrong, who's now a trim 175 pounds and a certified blue belt who's undefeated so far in competition.

Just watching Armstrong train with Yoo is exhausting. He runs, jumps, squats and lunges, but mostly he kicks—into paddles, shields and heavy bags. Even after sweat

completely soaks his shirt, Armstrong keeps up with Yoo's commands to "Shoot that ax!" (That's a kind of kick that resembles chopping an opponent's head off.)

In preparation for nationals, Armstrong completely cut out alcohol and changed his diet. "I try to eat dinner at 4:30 and not really eat after that other than raw vegetables," says Armstrong, who's stopped lingering over wine at the restaurant and instead goes to bed earlier so he can get to the gym on time.

This commitment has led to progress well beyond the weight loss. "We went from kicking just here," says Yoo, pointing toward hip height, "to being able to kick someone in the head." That improved movement has practical life applications as well, notes Armstrong, who's thrilled to be able to crouch to the ground and run around the kitchen again.

The sparring is exciting, but what's kept Armstrong motivated is the person he's become. "I'm happier. I'm focused. My concentration has improved," he says.

And that's definitely worth a few bruises. VICKY HALLETT (EXPRESS)



# Six Foods That Help Fight Fat

**Yes, fat keeps us warm, protected and alive.** But too much of a good thing can be, well, bad. If you're trying to pare down your potbelly, nibble on these. LISA DRAYER (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



## Turkey

This clucker has the fewest calories per ounce of any animal protein. Like dairy, it contains the amino acid leucine, which may play a role in preserving muscle mass during weight loss, keeping metabolism running at full speed. Protein is also more satiating than fat or carbs — so you're less likely to overeat.

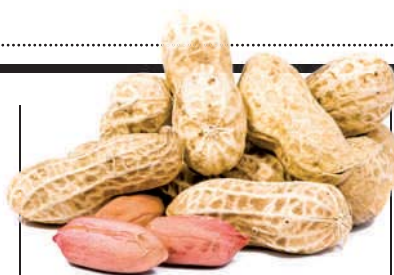
Plain, low-fat yogurt is a great source of calcium, a mineral that may fight fat. According to Michael B. Zemel, director of the Nutrition Institute at the University of Tennessee, not getting enough calcium triggers the release of calcitriol, a hormone that causes us to store fat, whereas meeting our daily calcium needs helps us burn fat more efficiently.

## Low-Fat Yogurt



## Berries

You probably know that fiber is the magic bullet of weight loss. It keeps you satisfied throughout the day — and away from the fridge. But you may not know that berries are an excellent roughage source. Raspberries are the fiber queens, with 8 grams per cup. Blackberries come in a close second with 7.4 grams, and blueberries have 3.5 grams.



## Peanuts

Ironically, this elephant favorite fights weight gain, slows rises in blood sugar and curbs hunger. One study from Purdue University found that individuals who added 500 calories of peanuts to their diets for three weeks experienced almost no change in body weight and a 24 percent drop in triglycerides.

## Enova Oil

Enova — made from soy and canola oils — is made of diglycerides, a type of fat that's metabolized differently from triglycerides (found in other oils — even olive) and so not stored as fat as easily. A study published in the American Journal of Clinical Nutrition found dieters who used Enova lost more weight than those who used other oils.

## Cereal

By boosting fiber and providing fewer calories from fat than other popular breakfasts (bacon and eggs, anyone?), ready-to-eat cereal can help you fill up — and slim down. A study published in the Journal of the American Dietetic Association found that women who ate cereal were 30 percent less likely to be overweight than those who ate other breakfast foods.



## Recipe File



MATTHEW MEAD/AP

## APPLE PHYLLO CIGARS

### Ingredients

- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg
- 2 Gala or Fuji apples, peeled, cored and diced
- Small pinch salt
- 1 teaspoon lemon juice
- 1 teaspoon water
- 1 teaspoon cornstarch
- 4 sheets phyllo dough
- Butter-flavored or plain cooking spray

### Makes Eight Servings

In a small bowl, stir together the sugar, cinnamon and nutmeg.

In a medium skillet over medium-high heat, toss the apples with 1 tablespoon of the sugar mixture and the salt. Saute until just tender, about 3 to 4 minutes.

In a small cup, mix together the lemon juice, water and cornstarch.

Stir into the apples and cook for another 30 seconds, or until thickened. Remove from heat and allow to cool.

When ready to assemble the

cigars, heat the oven to 400 F. Coat a baking sheet with cooking spray.

Evenly stack the 4 sheets of phyllo dough. With a paring knife, slice the stack in half lengthwise. Remove one half sheet from the stack and cover the rest with plastic wrap, then a damp (but not wet) kitchen towel.

Place the piece of phyllo dough in front of you and spoon 1 tablespoon of the apple filling across one of the short ends. Spritz the dough lightly with cooking spray and sprinkle lightly with about 1/2 teaspoon of the reserved spiced sugar.

Starting with the apple end, roll up the pastry sheet to create a log with the apples in the middle. Place the cigar on the prepared baking sheet, with the loose end down. Repeat with the remaining apple filling, sugar mixture and pastry sheets.

Spray the tops of the cigars lightly with cooking spray and sprinkle with a bit more of the sugar. Bake for 15 minutes, or until golden and crisp.

Serve warm. (AP)



**70 calories; 10 calories from fat (14 percent of total calories); 1 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 16 g carbohydrate; 1 g protein; 1 g fiber; 55 mg sodium.**

## Bend Before Brunch

Pilates on the Patio (\$19) is the newest way to take advantage of the gorgeous courtyard at Poste Moderne Brasserie (555 8th St. NW). Every Saturday at 10 a.m., through July 21, participants get put through the paces by Chauna Bryant, left, and then score a glass of bubbly — but any accompanying grub is extra. For more info, go to [Chaunabryant.com/POP](http://Chaunabryant.com/POP).

(EXPRESS)



COURTESY POSTE



# lookout



**Now It's Official**  
Surprising no one,  
Anderson Cooper tells  
the world he's gay **33**

## Sound Bets



### Turn the Tideland

**What's a band to do** after it records an album but doesn't have a label to release it? Head out and tour Japan. That's what Sterling, Va.'s Tideland did in late May and early June, five months after it had finished its second album, "Lull."

The trio features members of the



By  
Christopher  
Porter

punk bands Pg. 99, Sail and Pizza, but Tideland's sound is more indie, more atmospheric — more songs than snot-tiness. The group gives off the manic-

but-melodic energy of early Dinosaur Jr. — plenty of whammy bar — with vocals that veer toward Modest Mouse's nasal urgency. There was even a touch of grunge on Tideland's 2010 debut, "Asleep in the Graveyard" (on the Robotic Empire label), but "Lull" eschews that '90s vibe for another one from that era: shoegazing bliss.

Why no label has picked up the fantastic "Lull" is almost as big a mystery as how record labels even manage to still exist in 2012. But since Tideland knows it made an album that deserves to be heard, the band is streaming it on Tideland.bandcamp.com. Who needs a label?

► Check out Tideland on Facebook at Facebook.com/TidelandVA.



Read Christopher's previous columns at:  
[expressnightout.com/soundbets](http://expressnightout.com/soundbets)



Emma Stone, right, stars in "The Amazing Spider-Man" as Gwen Stacy, the girl Peter Parker fawns over before Mary Jane.

## A Different Spin On 'Spider-Man'

Andrew Garfield dons the spandex suit for a reboot that recasts the hero's origin story

### Film Review

"The Amazing Spider-Man" has been billed as a reboot of the "Spider-Man" franchise, which got off to such a promising start in 2002 with Tobey Maguire in the lead role. Ten years later, Maguire and his director, Sam Raimi, have parted ways with "Spider-Man's" parent studio, Columbia Pictures, and now the corporate overlords are asking audiences for a do-over.

Enter "The Amazing Spider-Man," in which the British actor

Andrew Garfield plays high school student Peter Parker and Emma Stone plays his adored-from-afar crush, Gwen Stacy (Peter's pre-Mary Jane squeeze).

The good news is that Garfield and Stone whip up a warm, convincing froth as two teenagers caught up in a beguiling case of puppy love. The not-so-great news is that by "reboot," the studio means taking audiences once again through every step of Peter's transformation into Spider-Man, including the fateful mutant spider bite, a pivotal incident involving his Uncle Ben (Martin Sheen) and those first wobbly forays discovering his superhuman powers of strength and agility and the ability to shoot bolts of monofilament to encase malefactors

### Backstory



### A True Fanboy

As a fan of the "Spider-Man" comics and animated series since childhood, British actor Andrew Garfield, above, says taking on the iconic role was less a decision to consider than a matter of listening to "my inner 3-year-old screaming at me." (AP)

### The Amazing Spider-Man (PG-13)

► **Director:** Marc Webb

► **Stars:** Andrew Garfield, Emma Stone, Rhys Ifans, Martin Sheen

► **In a Nutshell:** High school student Peter Parker gets bitten by a mutant spider, giving him superhuman abilities. His newfound powers eventually pit him against a super-monster known as the Lizard.

in sticky Saran-Wrap cocoons.

So, for its first hour, "The Amazing Spider-Man" subjects viewers to an origin story that they either already know or will find drab and draggy. Much of the background material is conveyed in a mind-numbing tour of the labs at the genetic research company OsCorp, where a kindly scientist named Curt Connors (Rhys Ifans) is trying to find a regenerative formula on behalf of an unseen owner.

Thankfully, things pick up considerably once Peter dons the famous skin-tight spandex suit, first as an urban avenger on a personal mission, then doing battle with a green-scaled, yellow-clawed super-monster called, appropriately, the Lizard.

Marc Webb, who directed the inventive indie rom-com "(500) Days of Summer," again proves adept at capturing the emotional currents between characters. And he handles the action sequences with clarity and graceful pacing, especially when Spidey is whooshing over Sixth Avenue.

Primarily, though, "The Amazing Spider-Man" serves as something of an audience audition for Garfield, who is winningly believable as a shy, nerdy outcast — and just as credible as the scrambling, preternaturally limber superhero who saves the day.

Now that all the fussy exposition has been taken care of, the real fun can begin: Long may he weave.

ANN HORNADAY (THE WASHINGTON POST)



# Attention: Single Ladies

Tracy McMillan can explain to you 'Why You're Not Married'

## Q&A

In 2011, Tracy McMillan wrote an article for the Huffington Post titled "Why You're Not Married."

McMillan used a "Girlfriends' Guide" approach to possible reasons why some women cannot get a guy to commit, including "you're a liar," "you're selfish" and "you're not good enough."



The article became one of HuffPo's most popular reads ever: It has been shared more than 65,000 times and emailed upward of 18,000 times.

McMillan has expanded on her essay with a new book, "Why You're Not Married ... Yet: The Straight Talk You Need to Get the Relationship You Deserve" (\$25, Ballantine Books). She talked about the arti-



ALISON DYER/BALLANTINE BOOKS

Tracy McMillan didn't expect her Huffington Post article to turn into a book project.

cle and relationship mistakes in a recent interview.

**What was your reaction when your article took off the way it did?**

It took me by surprise but I realized everybody knows at least one woman who wants to be married and isn't and doesn't know why. I think that's why the piece went viral, because everybody was like, "Oh, I have to send that to my friend, I have to send that to my sister or my

cousin." So it just seems like there's something going on in our culture around marriage and relationships.

**What's the biggest mistake women make with relationships?**

They lie to themselves. If a guy says, "Let's hang out, but I'm not ready to get in a long-term relationship," and you say "That's OK" and you know you want a long-term relationship with that guy, you're a liar. There's no other way to say it. To pretend

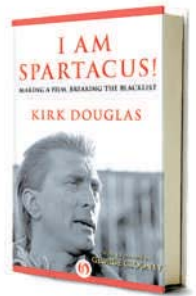
# 65,000

The approximate number of times Facebook users have shared Tracy McMillan's "Why You're Not Married" essay since February 2011.

there's something else going on is gonna keep you stuck dealing with a man who already said he doesn't want to be in a relationship with you. That's an extremely common example. I can't tell you how many women I know are doing things that are that simple.

**You've been divorced three times, so what makes you the expert?**

I'm not an expert. I'm more of a gifted amateur. Yes, I've made a ton of mistakes in relationships and in a way that's why I can help. I'm not coming from a place of knowing everything. ... To me, this book is like a slumber party where we're all gonna get super-real about all the dumb stuff we're doing in our relationships and we're gonna laugh about it and somehow that's going to help us. ALICIA RANCILIO (AP)



## Mixed Media

### Against the Odds

In "I Am Spartacus! Making a Film, Breaking the Blacklist" (\$16.99, Open Road), actor Kirk Douglas revisits the unusual intersection of personalities, politics and perfidy that swirled around the creation of a classic film.

Fans of "Spartacus," directed by Stanley Kubrick from a screenplay by Dalton Trumbo, will revel in the details of how the movie struggled to reach moviegoers in 1960. In the driver's seat was Douglas, who, as the film's top producer and star, had to deal with a problem unique to the era: the blacklist.

For more than a decade, film studios wouldn't openly employ anyone who was uncooperative with the congressional hunt for communist influence in Hollywood. Some blacklisted writers, though, could find work using a pseudonym, or a "front," as Trumbo did with Douglas's help.

Douglas takes lots of credit for a fine movie made against big odds. But he gives credit, too — and plenty of hell to those who tried to stand in the way of what has become his signature film. DOUGLASS K. DANIEL (AP)



**All That's 'Bad':** The ABQ Trolley Co. has the green light to take "Breaking Bad" fanatics on a tour around Albuquerque, N.M., the city where the hit TV series is set. Jesse Herron, co-owner of ABQ Trolley, says stops will include Walter White's house, Jesse Pinkman's house, the car wash and Saul Goodman's law office. The tour will have its first run on July 15, the day the show returns for the first half of its final season on AMC. (AP)

## Today's Top Stops

COMPILED BY FIONA ZUBLIN



LAVANYA RAMANATHAN

### 1 Bangers & Flash

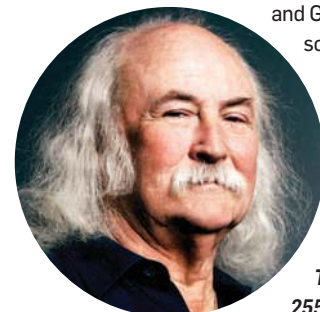
Being outside — even on a roof deck — might be the last thing on anyone's mind, given the combination of deluge and heatstroke we all just survived. Nevertheless, new brewpub The Brixton is opening up its huge roof deck Wednesday for a champagne party. Sparkling wine is \$8, bangers from the pub kitchen are \$9 and watching the fireworks from the rooftop is free (like America!). **The Brixton, 901 U St. NW; Wed., 5 p.m., free; 202-560-5045. (U Street)**

### 2 Save Us a Spot On the Sofa

Couch night in the Red Room has been a Black Cat tradition since it opened in the early '90s. It's been retired for a while but the Cat is resurrecting it. Instead of having the music in the Red Room bar controlled by jukebox whim and the tyranny of whoever has more quarters, actual DJs (Dante Ferrando and Cat bartender Matt Brown) will be spinning. **Black Cat, 1811 14th St. NW; Tue., 8 p.m., free; 202-667-7960, Blackcatdc.com. (U Street)**

### 3 In Perfect Harmony

Crosby, Stills and Nash are all about the melodies. David Crosby, left, Stephen Stills and Graham Nash are respected solo artists in their own right, but when those three voices combine, on songs such as "Suite: Judy Blue Eyes" and "Our House," something otherworldly happens. **Wolf Trap, Filene Center, 1551 Trap Road, Vienna; Tues., 8 p.m., sold out; 703-255-1868, Wolftrap.org.**





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**Newsweek**

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## lookout tv

# A Practical Fourth

Independence Day falls on a Wednesday this year, so why not stay home and let the fireworks come to you?

**PBS  
8:00**

**A Capitol Fourth** Tom Bergeron hosts this year's celebration of America's birthday from the West Lawn of the U.S. Capitol, featuring a salute to the U.S. Olympic team and performances by Matthew Broderick, "Smash's" Megan Hilty, Javier Colon, Kool & the Gang, Kelli O'Hara and the National Symphony Orchestra.

**NBC  
9:00**

### Macy's 4th of July Fireworks Spectacular

If you'd like to celebrate this American-as-apple-pie holiday in the Big Apple without leaving home, the store that brings us the big balloons on Thanksgiving obliges with a New York-size fireworks show. Regis Philbin hosts the annual event, which will also feature live performances from Katy Perry and Kenny Chesney.

**CBS  
10:00**

**Boston Pops Fireworks Spectacular** Jennifer Hudson is slated to perform, and actor Michael Chiklis, a native of Lowell, Mass., returns as host for the second year in a row as Keith Lockhart conducts the Boston Pops in a patriotic program. It culminates in a fireworks show accompanied by the 1812 Overture. (TRIBUNE MEDIA)

## Best Bets

**TUES  
8:00**



### Michael Wood's Story of England

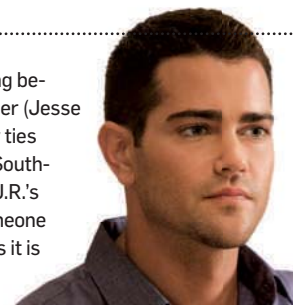
(PBS) Historian Michael Wood, left, visits the English village of Kibworth, Leicestershire, and tells the 2,000-year-old story of this one settlement. In the first of two episodes, Wood recovers the lost history of Kibworth's first thousand years.

**WED  
9:00**

**Haunted Highway** (SYFY) In this new series, Jack Osbourne and his friend Dana Workman do their own first-person investigations into the most frightening claims of paranormal activity along America's remote back roads.

**WED  
9:00**

**Dallas** (TNT) With tension mounting between the newly married Christopher (Jesse Metcalfe, right) and Rebecca family ties begin to unravel when the deed to Southfork is revealed. In order to thwart J.R.'s schemes, Ann seeks help from someone in her past, and Christopher decides it is time to fight dirty.



**WED  
10:02**

**Final Witness** (ABC) Zack and Addie were young, charismatic fixtures of New Orleans' French Quarter in 2005, but they were also damaged souls on the run from their troubled pasts. They fell in love weeks before Hurricane Katrina, but as the city recovered, their relationship deteriorated — until Zack could no longer keep his demons at bay. (TM)

## Film



### 'Welcome to Earth'

You knew someone had to show "Independence Day" (Thu., 8 p.m., AMC), on July 4, didn't you? Will Smith heads an all-star cast in this 1996 edge-of-your-seat sci-fi thriller about an alien armada on a mission to invade Earth. After much of mankind is destroyed, a band of survivors joins forces to repel the invaders and save the world. Directed by Roland Emmerich, the film also stars Bill Pullman, Jeff Goldblum, Mary McDonnell, Judd Hirsch, Robert Loggia and Randy Quaid. (TM)



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 Enter a drawing for a chance  
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**SAT BY APPT. ONLY**  
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**2BR \$999**  
**3BR \$1300**

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Classic or Renovated Options Available

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- Excellent Location
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**NE/Ft Totten Metro-** Prof. Female to shr unfurn BR, 4BR 2.5BA SFH. N/S, Cable, Wi-Fi, maid svc. CAC/heat \$850/m incl utls. 202-494-3692

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## What's Playing

### June 15 Primary Colors

1998 / R / John Travolta, Kathy Bates, Emma Thompson, Billy Bob Thornton

### June 22 My Fellow Americans

1996 / PG-13 / Jack Lemmon, James Garner, Dan Aykroyd, Lauren Bacall

### June 29 Dick

1999 / PG-13 / Kirsten Dunst, Michelle Williams, Will Ferrell, Ana Gasteyer

### July 6 The American President

1995 / PG-13 / Michael Douglas, Annette Bening, Martin Sheen, Michael J. Fox

### July 13 All the President's Men

1976 / R / Dustin Hoffman, Robert Redford

### July 20 Dave

1993 / PG-13 / Kevin Kline, Sigourney Weaver

### July 27 Swing Vote

2008 / PG-13 / Kevin Costner, Paula Patton, Kelsey Grammer, Dennis Hopper, Nathan Lane, Stanley Tucci, George Lopez

### Aug 3 Head of State

2003 / PG-13 / Chris Rock, Bernie Mac, Tracy Morgan

### Aug 10 Man of the Year

2006 / PG-13 / Robin Williams, Lewis Black, Christopher Walken, Jeff Goldblum, Tina Fey, Amy Poehler, Laura Linney

### Aug 17 Wag the Dog

1997 / R / Dustin Hoffman, Robert de Niro, Anne Heche, Woody Harrelson, William H. Macy

### Aug 24 Canadian Bacon

1995 / PG-13 / John Candy, Rhea Pearlman, Jim Belushi, Alan Alda



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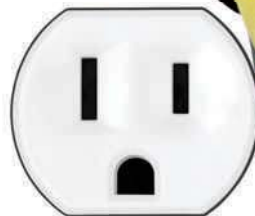
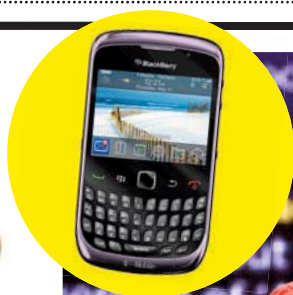


**express**

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# lookout online



▲  
“In the span of one summer, ESPN has lost their two most recognizable female stars ... NBC and Fox need those kind of stars and big names to help lift their coverage and build around. The juggernaut that is ESPN will simply reload and move on.”

—**MATT YODER AT AWFULANNOUNCING.COM** reacts to news that Erin Andrews signed with Fox Sports on Monday, a little more than a month after Michelle Beadle left ESPN for the NBC Sports Network.

▲  
“Is she trying to singlehandedly keep RIM alive? RT @scottleadingham: Arianna Huffington has 4 BlackBerries, 1 iPhone, & 5 human assistants.”

—**@NPRBEN** reacts to a Wall Street Journal magazine story that reveals how the media mogul keeps her business going on a daily basis.

▲  
“BREAKING: Wale’s third album has been pushed back to 2018. Sources cite making Jay-Z spill [champagne] on his sick [Jordans].”

—**@MODARRESLAW** jokes about what could happen after the D.C.-area rapper, right, caused a stir in the front row at the BET Awards when he accepted the Best Collaboration Award for his song “Lotus Flower Bomb” with Miguel.

▲  
“The power’s out. It’s a natural disaster, a known emergency. Your power WILL come back on. The utility company doesn’t owe you an @reply.”

—**@TWEET4PEDRO** thinks some people are going overboard with their outrage on Twitter about power companies and their inability to restore service.

▲  
“I’m not dead. #Pinkalbumtitles”

—**@GOTYE** quells the rumors of his death after an unverified CNN iReport said the Australian singer had taken his life Sunday night. Anyone can publish to the CNN iReport website.

## WARNING: Alcohol Ruins Lives

### DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?

You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

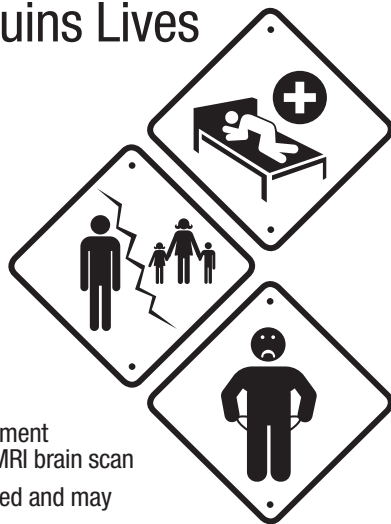
#### You may be eligible for the study if you:

- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

#### Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

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# puzzles lookout

## Horoscope

**CANCER** (June 21-July 22) What has been holding you back recently isn't likely to be an issue today, as you have discovered a way to set yourself free.

**LEO** (July 23-Aug. 22) You will be able to do more than most today, as your capacity to multitask is increased. Your concentration may be second to none.

**VIRGO** (Aug. 23-Sept. 22) The pace is increasing, but you must take care that you control it, and that it doesn't start controlling you. Keep your head in the game.

**LIBRA** (Sept. 23-Oct. 22) You're going to have to change your plans significantly today after getting word that something isn't going the way you expected.

**SCORPIO** (Oct. 23-Nov. 21) You can't be in two places at once, so you're going to have to prioritize — and by all means, stick to the game plan once it's made!

**SAGITTARIUS** (Nov. 22-Dec. 21) You may not be as comfortable in a familiar situation as you had hoped, but you can still parlay a small success into something bigger.

**CAPRICORN** (Dec. 22-Jan. 19) You'll want to keep your eye on how the weather is doing, as environmental influences are unavoidable at this time.

**AQUARIUS** (Jan. 20-Feb. 18) You're seeking a more satisfying outlet for your increasing creativity at this time. Try something you've never tried.

**PISCES** (Feb. 19-March 20) You'll build momentum quickly, and others may find it difficult to keep up with you. Teamwork may be a matter of faith.

**ARIES** (March 21-April 19) You're likely to have more help than you had bargained for — and some of it may prove to be more of a hindrance. Be ready!

**TAURUS** (April 20-May 20) You know how to show others what they need to know to prevail in a current situation. When are you going to tend to your own needs?

**GEMINI** (May 21-June 20) Motivation isn't lacking today — but you may not have the resources you need to get things done as you had envisioned. Improvise!

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 208

A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	F <sub>4</sub>	L <sub>1</sub>	L <sub>1</sub>	F <sub>4</sub>
E <sub>1</sub>	E <sub>1</sub>	T <sub>1</sub>	L <sub>1</sub>	S <sub>1</sub>	W <sub>4</sub>	D <sub>2</sub>
A <sub>1</sub>	E <sub>1</sub>	E <sub>1</sub>	Y <sub>4</sub>	T <sub>1</sub>	R <sub>1</sub>	R <sub>1</sub>
A <sub>1</sub>	A <sub>1</sub>	I <sub>1</sub>	L <sub>1</sub>	N <sub>1</sub>	V <sub>4</sub>	L <sub>1</sub>

Double  
Word Score

RACK 1

2nd Letter  
Triple

RACK 2

RACK 3

RACK 4

### Yesterday's Solution

L <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	R <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	RACK 1 =	57
P <sub>3</sub>	E <sub>1</sub>	T <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	P <sub>3</sub>		RACK 2 =	16
P <sub>3</sub>	A <sub>1</sub>	R <sub>1</sub>	T <sub>1</sub>	A <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	RACK 3 =	76
S <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	I <sub>1</sub>	A <sub>1</sub>	T <sub>1</sub>	E <sub>1</sub>	RACK 4 =	57
PAR SCORE 140-150								TOTAL
								206

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

	7			9				2
8			1	7	5			
	4	9	6				7	
	8	4		6	1		3	7
2	6			4			1	8
9	1		7	5		2	6	
	5				7	8	9	
			5	1	9			6
4				2			5	

### Yesterday's Solution

5	4	1	2	9	3	6	7	8
8	7	2	6	4	5	3	1	9
3	6	9	7	1	8	5	4	2
6	3	8	1	2	7	4	9	5
9	2	4	8	5	6	7	3	1
1	5	7	9	3	4	2	8	6
7	8	5	4	6	9	1	2	3
2	9	3	5	7	1	8	6	4
4	1	6	3	8	2	9	5	7

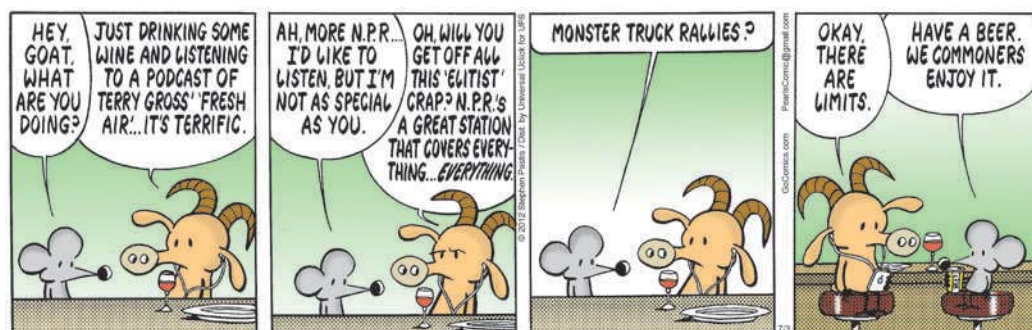
**Need more Sudoku?**  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

## Comics

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast



# 95 | 76

**Today:** Hot and humid today and tonight with a thunderstorm.



# 98 | 79

**Tomorrow:** A thunderstorm tomorrow. A thunderstorm possible tomorrow night.

### Looking Ahead



# THU 91 | 78 FRI 95 | 77 SAT 97 | 78

### Sun and Moon

Sunrise today: 5:48 a.m.  
Sunset today: 8:37 p.m.  
Moonrise today: 8:30 p.m.  
Moonset today: 5:37 a.m.

### Almanac

Normal high: 88  
Record high: 101  
Normal low: 70  
Record low: 55

FORECAST BY ACCUWEATHER.COM ©2012



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# lookout puzzles

## Crossword

GET BACK, JACK

### ACROSS

- 1 Nightclub routines
- 5 Blender option
- 9 Agricultural sites
- 14 Stale Pisa dough?
- 15 Easter flower
- 16 Bonjour's opposite
- 17 John, in Moscow
- 18 Out yonder
- 19 Scurried
- 20 Auction offer
- 21 Activities for gangs in films
- 23 It may lead to cooler heads
- 25 Houston-to-Boston dir.
- 26 Mosquito barrier
- 27 "Oro y \_\_\_\_" (Montana motto)
- 30 Diamond datum
- 33 Puppeteer Lewis
- 35 Fair attraction
- 36 Tad
- 37 It once hung over the Kremlin
- 40 Hoppy hour drinks?
- 41 What people are on during a nail-biter
- 42 Beach memento
- 43 A couple in Mexico?
- 44 Vital fluid
- 45 Kind of sauce
- 46 Hawaiian flower necklace
- 47 Like Barney the Dinosaur
- 50 It may be on in the morning
- 56 Not just my
- 57 Post-pupa insect
- 58 After-bath powder
- 59 Creole cookery pod
- 60 Levy assessor
- 61 Potential dilemma solver
- 62 Acre's 43,560 square units
- 63 Licoricelike flavoring
- 64 Penn of pictures
- 65 First-timer

### DOWN

- 1 Suspect's excuse
- 2 Kind of center or duty

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21					22				
23				24						25				
			26				27	28	29				30	31
33	34						35				36			
37							38				39			
40							41				42			
43											45			
				46						47				48
50	51	52					53	54	55				56	
57							58				59			
60							61				62			
63							64				65			

EDITED BY TIMOTHY E. PARKER

- 3 Product identifiers
- 4 \_\_\_\_ Mateo, Calif.
- 5 Alarm bell sound
- 6 Old-fashioned music system
- 7 Any of several Norwegian kings
- 8 Flammable funeral heap
- 9 Hot breakfast cereal
- 10 "What goes up must come down," e.g.
- 11 Well-heeled
- 12 Face up to, as a challenge
- 13 Washing machine overflow
- 21 Holmes or Couric
- 22 Big bashes
- 24 Road shoulders
- 27 Madrid gallery

- 28 Special vocabulary
- 29 Threw in
- 30 Popular kiddie dance
- 31 "\_\_\_\_ all come out in the wash"
- 32 Chinese weight unit
- 33 Herring relative
- 34 Indication of goodness
- 36 Greek god's blood
- 38 Keepsake
- 39 Debate subject
- 44 Caption in a diet ad
- 46 Pricey theater boxes
- 47 Ice cream nut?
- 48 Decoy or siren, essentially
- 49 Calliope relative
- 50 Bread with a pocket
- 51 Arabian Peninsula kingdom


- 52 What so loudly we hail
- 53 Soulful singer Redding
- 54 Gradually lose color
- 55 It hitches rides on dogs
- 59 Frequently, to Shakespeare

### Yesterday's Solution

S	L	A	T	S	E	B	B	B	I	C	E	P
C	I	L	I	A	M	O	I	L	L	A	M	A
A	M	E	N	S	T	R	E	E	T	S	B	I
B	A	C	K	S	T	R	E	E	T	S	B	I
L	I	E	E	L	E	D	M	O	O	T		
L	O	S	E	V	E	L	E	M	O	T	E	T
C	A	T	S	X	E	B	E	C	T	E	C	H
O	N	S	E	T	S	U	C	R	E	R	H	O
P	E	R	I	T	H	A	N	K	Y	O	U	
O	R	P	E	D	O	I	D	I				
A	M	I	B	O	X	I	N	G	L	O	V	E
P	A	N	E	L	B	O	O	A	T	S	E	A
E	N	G	L	E	O	W	E	M	E	L	T	S
R	I	S	K	S	W	A	S	E	R	O	S	E

## Today in History

- 1608** Samuel de Champlain founds the Canadian city of Quebec.
- 1775** Gen. George Washington takes command of the Continental Army at Cambridge, Mass.
- 1987** British millionaire Richard Branson and Per Lindstrand became the first hot-air balloon travelers to cross the Atlantic.

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people **lookout****NEW REGULAR FEATURE!**  
**The Daily Regurgitation**

Katie Holmes "felt like she was in 'Rosemary's Baby,'" an insider tells Us Weekly. TMZ.com reports that soon-to-be-ex Tom Cruise wanted to send daughter Suri to live with a Scientology organization. A source told Radaronline.com that the clash was over parenting styles — Holmes wanted to discipline Suri, Cruise did not. People.com said the men following Holmes are her security team, not Scientologist spies. (EXPRESS)

**CONCEPTS****Random Celebrity Perfume Generator Also Suggested 'Salad Fork by Al Roker'**

Avon said Monday that Jon Bon Jovi is the company's newest celebrity fragrance partner. He'll appear in ads for Unplugged for Her and Unplugged for Him. The inspiration for both scents is the unique feeling one has listening to a favorite song. The women's version is a floral oriental perfume, and the men's is a woody floral musk. (AP)



"Eau de Armpit and Leather" was too long, so they went with "Unplugged."

**Employment****'And You Don't Get Health Insurance'**

"Jersey Shore" cast members must agree to a clause in their contracts that prevents them from suing MTV if they get an STD while shooting, says Seth Kaufman, journalist and author of "The King of Pain," a new novel about a reality-show producer. He told the New York Daily News he obtained a contract from an editor at TV Guide. (EXPRESS)



KRIS CONNOR/GETTY IMAGES

"Ladies, ladies, it's OK. You can still fantasize about me."

**WHO'S SURPRISED?****Absolutely No One**

Anderson Cooper revealed Monday that he is gay, ending years of reluctance to talk about his personal life in public. The CNN journalist wrote in an online letter that he had kept his sexual orientation private for personal and professional reasons, but came to think that remaining silent had given some people a mistaken impression that he was ashamed. "The fact is, I'm gay, always have been, always will be, and I couldn't be any more happy, comfortable with myself and proud," he wrote. (AP)

**IRONY****Maybe He Should Try Yoga**

Alec Baldwin admitted in a new Vanity Fair interview that he has a volatile personality. The actor, who married his yoga instructor fiancée this past Saturday, told the magazine how he fantasized about offing a TMZ producer who in 2007 exposed a cruel voice mail Baldwin had left his daughter. "I wanted to stick a knife in him and gut him," Baldwin said. (AP)

**"I remember being 21 and imagining that at 36 my [bosom] would be around my knees and I would have bad hair and terrible teeth."**



— KATE WINSLET  
SAYS HER MID-30s DIDN'T TURN OUT NEARLY AS BAD AS SHE EXPECTED AND SHE WILL CONTINUE TO APPEAR NUDE IN FILMS

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